



# Wheat Berry Chili

**Makes:** 8 Servings

Wheat berries add a unique texture to this flavor-packed chili recipe. This hearty, colorful one pot meal is sure to be a crowd pleaser.

## Ingredients



- 1 cup** wheat berries
- 3 cups** water
- 1** large onion, chopped
- 1/2** green pepper, chopped
- 1/2** yellow pepper, chopped
- 4 teaspoons** chili powder, or to taste
- 1/4 teaspoon** hot pepper sauce
- 1/8 teaspoon** black pepper
- 1 can** 8-ounce tomato sauce, unsalted

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>205</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>194 mg</b>
<b>Total Carbohydrate</b>	<b>56 g</b>
Dietary Fiber	10 g
Total Sugars	7 g
Added Sugars included	0 g
<b>Protein</b>	<b>15 g</b>
Vitamin D	0 mcg
Calcium	58 mg
Iron	6 mg
Potassium	367 mg

N/A - data is not available

## MyPlate Food Groups

	Vegetables	1 1/2 cups
	Grains	1 ounce

**2** cans (14.5 oz) diced tomatoes

**2 cups** beef broth, 99% fat free, reduced sodium

**1 can** 15-ounce kidney beans, unsalted

**1 can** 15-ounce white beans, unsalted

## Directions

1. Cook wheat berries in 3 cups of water for 1 hour until tender; add more water if necessary, drain.
2. Rinse with cool water and drain thoroughly.
3. In the microwave on medium heat, cook onion, green and yellow pepper for 1 minute, or until desired softness.
4. In a 4-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables.
5. On stovetop, bring to a boil and simmer uncovered 1 hour or until desired consistency is reached, stirring occasionally.

## Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

**Source:** The "Grain Chain"